Newton Parks & Recreation Department and CVCC will be offering Line Dancing - A Fun Way to Exercise



Line Dancing - A Fun Way to Exercise to be held at the Newton Recreation Center

This class will include a great cardio workout while learning line dancing steps to pop, jazz and country music. Cost is \$40.00 per person.

Dates

Tuesdays September 14-October 12, 2004

Tuesdays October 19—November 16, 2004

Time: 6:30 p.m.—8:30 p.m.



For further information contact the Newton Parks and Recreation Department or CVCC

Newton Parks and Recreation Department PO Box 550 Newton, NC 28658 Phone: 828-695-4317 Fax: 828-465-7475

http://www.newtonnc.gov

Catawba Valley Community

College

2550 Hwy. 70 SE Hickory, NC 28602

Phone: 828-327-7000, ext. 4329

http://cce.cvcc.edu